





115. (New) The method of claim 52, wherein the effervescent comprises about 5% to about 12% by weight of the tablet.

116. (New) The method of claim 115, wherein the effervescent comprises about 8% by weight of the tablet.

117. (New) The method of claim 52, wherein said placing of tablet is effected as part of a twice-daily dosing regimen.

118. (New) The method of claim 52, wherein the progesterone is micronized progesterone.

119. (New) The method of claim 106, wherein the progesterone is micronized progesterone.

120. (New) The method of claim 106, wherein the tablet contains about 100 mg of progesterone.

121. (New) A method of delivering progesterone to a female patient, which method comprises

(a) placing in the vagina of the patient a vaginal tablet consisting essentially of micronized progesterone as the active ingredient, pharmaceutically acceptable excipients or diluents, and an effervescent; and

(b) permitting the tablet dissolve in the vagina  
the tablet providing a  $T_{\max}$  of about 3 hours upon dissolution.

122. (New) A method of delivering progesterone to a female patient, comprising placing in the vagina of the patient a tablet consisting essentially of micronized progesterone, colloidal anhydrous silica, maize starch, povidone, lactose, adipic acid, sodium bicarbonate, magnesium stearate, and sodium lauryl sulfate.

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